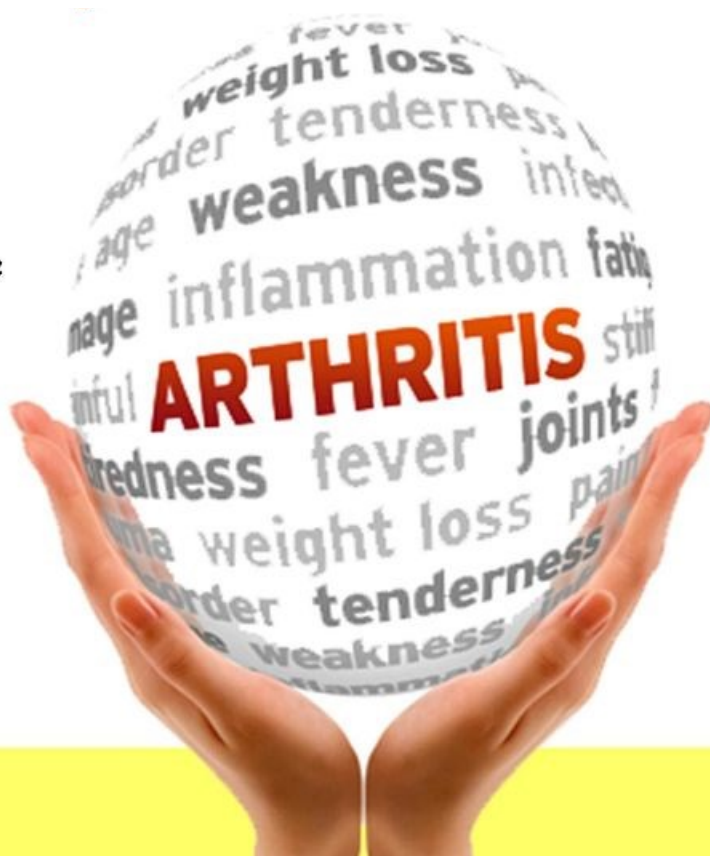


**Class teaches  
methods to ease  
pain caused by  
arthritis in  
fingers, hands,  
wrist, neck,  
spine, feet and  
other joints.**



**Exercises help  
prevent  
stiffness,  
deformity  
and improve  
your range of  
motion.**

***Class In Session***

**TUESDAY'S AND FRIDAY'S**

**9:30am - 10:30am**

**FREE with Community Center Membership**

**or**

**\$20 monthly non-members**

**\$3 per class**

For more information call the Bedford Heights Community Center 440-786-3290

**Classes Non Refundable**